

# Rajas – Absolute Passion

Sadhguru looks at the quality of Rajas, the quality of days four to six of Navratri, and how it can be a process of liberation.

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*The second set of three days of Navratri are Lakshmi related – gentle but materially-oriented goddesses. Sadhguru looks at the quality of Rajas, the quality of days four to six of Navratri, and how it can be a process of liberation.*

*[Sounds of Isha](#) also releases the second of three songs for Navratri, “Thunbam illadha nilaye Shakti”, based on a poem by Mahakavi Subramanya Bharatiyar.*

**Sadhguru:** Among the three celestial objects with which the very making of our bodies is very deeply connected – [the Earth](#), [the Sun](#), and [the Moon](#) – Mother Earth is considered [tamas](#). The Sun is rajas. The Moon is sattva. Tamas is the nature of the Earth and of your birth. The moment you come out, you start activity – rajas begins. Once rajas comes, you want to do something. Once you start doing something, if there is no awareness and consciousness, the nature of rajas is such, it’s good as long as the going is good. When the going gets bad, rajas is going to be super-bad.

A rajasic person has a tremendous amount of energy. It is just that it has to be channelized properly. Every action that you perform can be either a process of liberation or entanglement. If you perform any activity with [absolute willingness](#), that activity is beautiful and creates joy for you. If you perform any activity unwillingly for whatever reason, that activity creates suffering for you. Whatever you are doing, even if you just sweep the floor, give yourself to it and do it with total involvement. That's all it takes.

When you are passionately involved with something, nothing else exists for you. Passion does not mean “man-woman” passion. Passion means unbridled involvement with something. It could be anything – you can sing passionately, you can dance passionately, or you can just walk passionately. Whatever is in touch with you right now, you are deeply passionate with that. You breathe with passion, you walk with passion, you live with passion. Your very existence is with [absolute involvement with everything](#).

## Thunbam illadha nilaye Shakti

“Thunbam illaadha nilaye Shakti” is a song by Mahakavi Subramanya Bharathiyar which has been adapted here by Sounds of Isha. The song is about the energy that makes every aspect of life happen. It summarizes the whole activity that is life as the play of Shakti. The great poet says, “The lap where life flourishes is Shakti.” Shakti also enables us to break the [bondages of karma](#) and liberate ourselves.

**Thunbam illādha nilayē shakti  
thookkam illā kaṇ vizhipē shakti  
aṅbu kaṇindha kaṇivē shakti  
āṅmai niraindha niraivē shakti**

*The state of being with no suffering is Shakti  
The state of awakening beyond sleep is Shakti  
When love matures and sweetens that is Shakti  
The fullness and fulfillment of masculine is Shakti*

**Iṅbam mudhirndha mudhirvē shakti  
eṅṅathil nirkum neriyē shakti  
muṅbu nirkindra thozhilē shakti  
mukthi nilaiyiṅ mudivē shakti**

*When the sweetness matures that is Shakti  
The divine which resides in the thoughts is Shakti  
Whatever work comes before us is Shakti  
The state of mukti, the end, is Shakti*

**Sōmbar kedukkum thuṇivē shakti  
sollil viḷaṅgum chudarē shakti  
thīmpazham thaṅṅil suvaiyē shakti  
dheivathai eṅṅum niṅaivē shakti  
sāmbalai poosi malaimisai vāzhum  
shaṅkaraṅ aṅbu thazhalē shakti**

*The braveness which destroys laziness is Shakti  
The flame which is instilled in these words is Shakti  
When the best of fruits are eaten that taste is Shakti  
When thoughts of divine arise that is Shakti  
Shankara who lives on top of the huge mountains, his lovely flame is Shakti*

**Vāazhvu perukkum madhiyē shakti  
mānilam kākkum valiye shakti**

**thāzhvu thadukkum sathirē shakti  
sañchalam neekum thavamē shakti**

*The lap where life flourishes is Shakti  
The strength which guards the earth is Shakti  
The flame which stops one from falling is Shakti (denotes inner strength that averts fall/defeat)  
The tapas that eliminates confusion is Shakti*

**Veezhvu thadukkum viralē shakti  
viṇṇai aḷakkum virivē shakti  
ūzhviṇai neekum uyarvē shakti  
uḷḷathoḷirum viḷakkē shakti**

*The finger which stops downfall is Shakti  
The one who spans the whole expanse of sky is Shakti  
Her highness who eliminates karma is Shakti  
The inner flame which shines from within the heart is Shakti*

**Editor's Note:** Each day of Navratri includes the Navratri Pooja, a powerful opportunity to imbibe Devi's Grace. The Navratri pooja includes an elaborate abhishekam of 11 offerings and a vibrant offering of music and dance thereby creating an explosion of energy with songs extoling Devi at her fullest glory.

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